30 Day Linguess Challenge

Take the pledge, join the project and commit 30 days to some of these kindness habits that will help you #BeKind to yourself, others, and the planet.

Extend kindness to yourself. Look in the mirror today and tell yourself three things you love about yourself

Check in on a loved one that you haven't heard from in a while today

Go out of your way to compliment someone

Donate unused household items to your local charity shop CHARITY

Change three small steps in your weekly routine that are kind to the environment

Offer to pick up groceries for your neighbour

Let someone jump the queue at the supermarket

Help someone declutter their space

Learn more about 5 Gyres's Do Less for the Planet Campaign

that needs it 5 GYRES SCIENCE TO SOLUTIONS

Send a motivational quote to someone

Send someone a handwritten note

MADE Look at new planet friendly swaps that you can make using MADE SAFE's list

Cook together with family or friends, make their

favourite meal

Say good morning to someone in the street MORNIN' Check how body and planet friendly your products are using EWG's Skin Deep

database

Support a local business

Send flowers to a friend

Hold the door open for a stranger

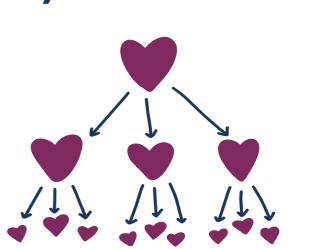
Bake for your colleagues, bring the treat into work for everyone to enjoy

Tell your family members how much you love and appreciate them

Lend your ear offer support and listen to a colleague who is having a bad day

Have a conversation with someone who is experiencing homelessness

Pay it forward



Check out 1% for the Planet and



make a donation

if you can



Let a fellow driver merge into your lane or exit a street

Offer your time for childcare

Send kudos to a colleague for something they've done well

Attend a local litter picking event

Find out OBAL OBALOWOLL OBALOWOLL OBALOWOLL OBALOWOLL OB ALL OB OLL OB ALL OB OLL why you should look out for the GOTS label on your textiles

Tell someone you know that you're proud of them

